



茼蒿 *Chrysanthemum segetum*

## 作物介紹 Crop Info



茼蒿  
Garland  
Chrysanthemum

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Chrysanthemum  
蒿

茼蒿屬於菊科一年生草本植物，原產於地中海沿岸。由於它的花很像野菊，所以又名菊花菜、蓬蒿或蒿菜。茼蒿又稱“皇帝菜”，因為在古代它是宮廷佳肴。茼蒿的盛產期由十月到隔年四月。

Garland Chrysanthemum, which belongs to Asteraceae annual herbaceous plant, originates in Mediterranean coast. Because its flowers like Daisy, it is also called chrysanthemum vegetables, basil, Artemisia dishes or "The Emperor vegetables." The harvest period of Garland Chrysanthemum is from October to April.



茼蒿菊

Flower of Garland Chrysanthemum

### 營養價值

茼蒿含有豐富的蛋白質、碳水化合物、膳食纖維、胡蘿蔔素、維他命A、C、B1、B2、鉀、磷、鈣、鋅及鐵等。其胡蘿蔔素含量超過一般蔬菜。茼蒿還含有一種揮發性的精油及膽鹼等物質，因此具有開胃健脾、降壓補腦等功效。

### Nutritional Value

Garland Chrysanthemum is rich in protein, carbohydrates, dietary fiber, carotene, vitamin A, C, B1, B2, potassium, phosphorus, calcium, zinc and iron and so on. Its carotene content is more than that of ordinary vegetables. Garland Chrysanthemum also contains a volatile essential oil and choline, so it could stimulate appetite and lower blood pressure.

### 烹調小貼士

做湯、拌食或炒食都是常見的煮法。炒食時注意大火快炒，減少茼蒿中的精油遇熱揮發掉。

#### Cooking Tips

Common cooking methods include making soup, freshly eaten or frying. When frying, cooking it fast to reduce the evaporation of essential oils in Garland Chrysanthemum.





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### 食物功效

茼蒿性甘平而味辛，可促進食慾；所含的營養，也有預防感冒、提升免疫力的功效。而維他命A則對視力保健很有幫助。此外，茼蒿還具有健脾、利便、祛痰、降壓補腦、消除水腫等功效。但要注意茼蒿辛香滑利，腹瀉者不宜多吃。

### Health Benefit

Eating Garland Chrysanthemum can promote appetite, prevent colds and boost the immune effect. Moreover, vitamin A is helpful to vision care. In addition, Chrysanthemum is beneficial to spleen and digestion. It can also prevent constipation, sputum formation, high blood pressure and edema.

### 選購與保存

選擇時，主要觀察葉片是否鮮脆、嫩綠不枯黃。保存方面，由於茼蒿不容易保存，最好能儘快食用，而放在雪櫃內也要在兩天內吃完。

### Purchase and Preservation

Pick the ones with fresh and green leaves. Since Garland Chrysanthemum are not easy for storage, try to consume all as soon as possible. Otherwise, they should be kept in a refrigerator, but for at most two days.



茼蒿 Garland Chrysanthemum

### 花葉茼蒿又名春菊

除了傳統品種，近年亦有新品種，有花葉的茼蒿。部份人稱之為春菊。茼蒿的花像野菊，非常漂亮，具觀賞價值。

### Spring Chrysanthemum

Apart from the traditional variety, there is also one with flower-shape leaf in recent years, some people call it "Spring Chrysanthemum". Garland Chrysanthemum's flowers are very beautiful, with ornamental value.



春菊 Spring Chrysanthemum

